

Behavioral Modification Substance Abuse & Prevention

Module for Substance Abuse Education

Intake Assessment

Exercise #1: Offender Personality Self-Test

Purpose: The purpose of this test is to find out if you are similar to other people who commit crimes. People who commit crimes have certain behaviors. These behaviors show us how they have learned to think. While you may not think of yourself as having an offender personality, it is important for you to find out if you do. If you're thinking and behaviors cause problems with the law, that is the first step in deciding to change.

Instructions: read the following descriptions and check the box in front of the things you have done. Read the scoring instructions at the end of this test to find your results.

Part 1: Before Age 15

- ☐ 1. **Skipped School:** I often skipped school because I didn't want to be there or because I wanted to do other things.
- ☐ 2. **Ran Away:** I ran away from home or from where I lived at least two times, overnight.
- ☐ 3. **Fights:** I started physical fights with others more than once.
- ☐ 4. **Weapons:** I used a gun, knife, club, chain, or other weapon in more than one fight.
- ☐ 5. **Sex:** I forced someone into sex or sexual activity.
- ☐ 6. **Cruelty to Animals:** I was cruel to animals sometimes.
- ☐ 7. **Cruelty to People:** I physically hurt other people.
- ☐ 8. **Property Damage:** I destroyed or damaged other people's property on purpose.
- ☐ 9. **Fires:** I set fires on purpose.
- ☐ 10. **Lying:** I lied to other people frequently.
- ☐ 11. **Theft:** I took things that didn't belong to me, forged checks, or broke into places to steal more than once.
- ☐ 12. **Robbery:** I forced people to give me things that belonged to them.

_____ TOTAL CHECKED FOR QUESTIONS 1-12.

Scoring: Add the check marks for questions 1-12 and put the total in the space above. If you have three or more yes answers, you have a habit of using antisocial behavior that started very early in life and will probably be difficult to change.

Part 2: Since Age 15

- ☐ 13. **Work Problems:** I haven't worked when work was available, have skipped work or college classes because I wanted to, or have quit several jobs or schools without any plans for the future.
- ☐ 14. **Illegal Activities:** I have committed crimes and done illegal things that I could have been arrested for.
- ☐ 15. **Using Violence:** I have had many physical fights or have beaten up my spouse, lover, or children.
- ☐ 16. **Avoid Money Responsibilities:** I have failed to pay bills, child support, or take care of my family.
- ☐ 17. **Moving Around:** I have moved without having a job, drifted from place to place, or have lived without a home for more than a month at a time.
- ☐ 18. **Conning:** I have lied, used false names, or conned people to get what I want.
- ☐ 19. **Reckless:** I have driven a car recklessly while using or drinking or have acted in ways that caused danger to others.
- ☐ 20. **Parenting:** I have not taken care of my children by leaving them alone, not feeding them, or depending on others to take care of them for me.
- ☐ 21. **Relationships:** I have never been able to stay faithful to a lover for more than one year.
- ☐ 22. **Remorse:** I don't feel bad most of the time when I steal from, hurt, or treat someone else badly.

_____ TOTAL CHECKED FOR QUESTIONS 13-22.

Scoring: Add the check marks for questions 13-22 and put the total in the space above. If you have four or more yes answers, you have a history of continuing your antisocial behavior as an adult.

If you did not have three or more yes answers on the section before age 15, it may mean that your offender behavior is completely connected to your alcohol and drug use. One way to make sure is to review your yes answers on questions 13-22 and ask yourself if these things always happened when you were trying to get alcohol/drugs, using alcohol/drugs, or because you had been using alcohol/drugs recently. If alcohol and drugs were not part of why you did these things, what happened or changed in your life that made you start these behaviors?

Reactions: Answer the questions below and think about what they mean in your recovery.

1. How I feel about the results of the test I just took is

2. What I think about the results of the test I just took is

3. What I want to do about the results of the test I just took is

It is normal to feel angry or upset about the results of this test. Some people think, “This doesn’t mean anything”, and try to ignore the results. Part of what causes people to get into trouble with the law is that they ignore information that they don’t want to hear. As mentioned earlier, this is called denial. You can quit here and repeat the past, or you can decide to change the future by continuing to work in this book. In order to change, you must accept who you are now. Only then can you change.

4. If I don’t change the way I think, I will probably

5. If I do change the way I think, I might be able to

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Exercise #2: Why Do I Want to Change?

Explanation: in this exercise, you will look at why you want to change. It is important to ask yourself this question. If you only want to escape your problems right now, this workbook will not help you. If you want to change your life, it will.

Instructions: Answer the following questions and decide if you want to keep this from happening again. If you do, keep going.

1. The reason I decided to try to get sober and clean this time is ... (Tell what happened that made you seek help at this time, such as your job, health, legal problems, etc.)

2. Unless I really want to give up alcohol and drugs, I will not get better. Things might get better for a short time, but this will not last. (State why you want to change.)

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Exercise #3-A: Life History

Instructions: Many people relapse because they have recurrent life problems that they never learn to cope with. It is important to understand your life and how your life events are related to your use of alcohol, drugs, and criminal behavior. The purpose of completing a life history is to identify the pattern of recurrent problems that set you up to relapse. The following exercise will help you think about your life and how you used alcohol or drugs to help you cope with life problems.

1. **Early Childhood:** Describe your early childhood (from birth until you entered grammar school) by answering the following questions based on how you remember you family before you started grammar school.

A. What kind of person was your mother?

B. How did you get along with your mother?

C. What kind of person was your father?

D. How did you get along with your father?

E. What kind of relationship did your mother and father have? How well did your mother and father get along with each other?

F. As a child what was your image of a “real man”?

G. As a child what was your image of a “real woman”?

H. As a child what was your image of a normal or typical relationship between a man and a woman?

I. How did you get along with your brothers and sisters?

J. As a child what was your image of what a good relationship with a friend should be like?

K. Describe yourself as a child.

L. What were your primary strengths or good points as a child?

M. What were your primary weaknesses or bad points as a child?

N. What things did you learn that you had to do in order to be a good person?

O. What did you learn that you couldn't do if you wanted to be a good person?

P. What other significant experiences, positive or negative, occurred during your childhood?

2. Addictive Use during Childhood: Children learn important lessons from observing how parents, other family members, and friends of the family use alcohol and drugs. Think back to your childhood and answer these questions based on what you learned from these examples.

A. Describe the alcohol and drug use habits of your mother.

B. Describe the alcohol and drug use habits of your father.

C. How did the alcohol and drug use of your parents or primary care givers affect you as a child?

D. What did you believe that alcohol and drugs would allow you to do or be when you grew up that you couldn't do or be as a child?

E. What did you believe that alcohol or drugs would allow you to stop doing, escape from, or cope with as an adult that you couldn't as a child?

3. **Antisocial Thinking and Behavior in Childhood:** Antisocial thinking and behavior centers around compulsive rule breaking, disregard for authority, and a tendency to want to con, cheat, manipulate, and abuse other people. This tendency often begins in childhood. Many children leant these tendencies from their parents.

A. Describe the antisocial behaviors of your mother when you were a young child.

B. Describe the antisocial behaviors of your father when you were a young child.

C. How did the antisocial behavior of your parents or primary care givers affect you as a child?

D. What did you believe that antisocial or criminal behaviors would allow you to do or be when you grew up that you couldn't do or be as a child?

E. What did you believe that antisocial or criminal behaviors would allow you to stop doing, escape from, or cope with as an adult that you couldn't as a child?

4. **Grammar School:** Describe your grammar school experiences by answering the following questions.

A. What city and state did you attend grammar school

What significant experiences occurred during grammar school?

B. What positive or good things did you learn about yourself in grammar school?

C. What negative or bad things did you learn about yourself in grammar school?

D. What things did you learn about yourself in grammar school that were the same as what your parents taught you about yourself?

E. What things did you learn about yourself in grammar school that were different from what your parents taught you about yourself?

5. Addictive Use during Grammar School:

A. Describe your alcohol or other drug use during grammar school. (How much, of what kind, how often?)

B. What did you believe that alcohol or drugs would allow you to do or be that you couldn't do or be when not using?

C. What did you believe that alcohol or drugs would allow you to stop doing, escape from, or cope with that you couldn't when not using?

D. What benefits did you actually get from alcohol and drug use?

E. What problems did alcohol or drug use cause?

6. Antisocial Thinking and Behavior in Grammar School:

A. Describe the antisocial or criminal behaviors that you used in grammar school.
(What did you think and do? How often did you think and do it?)

B. What did you believe that antisocial or criminal behaviors would allow you to do or be when you grew up that couldn't do or be as a child?

C. What did you believe that antisocial or criminal behaviors would allow you to stop doing, escape from, or cope with as an adult that you couldn't as a child?

D. What benefits did you actually get from your antisocial criminal thinking and behavior?

E. What problems did your antisocial or criminal thinking and behavior cause?

7. High School:

A. What significant experiences occurred during high school?

B. What positive or good things did you learn about yourself in high school?

C. What negative or bad things did you learn about yourself in high school?

D. What things did you learn about yourself in high school that were the same as what your parents taught you about yourself as a child?

E. What things did you learn about yourself in high school that were different from what your parents taught you about yourself as a child?

8. Addictive Use during High School:

A. Describe your alcohol or other drug use during high school. (How much, of what kind, how often?)

B. What did you believe that alcohol or drugs would allow you to do or be that you couldn't do or be when not using?

C. What did you believe that alcohol or drugs would allow you to stop doing, escape from, or cope with that you couldn't when not using?

D. What benefits did you actually get from alcohol and drug use?

E. What problems did alcohol or drug use cause?

9. Antisocial Thinking and Behavior in High School:

A. Describe the antisocial or criminal behaviors that you used in high school. (What did you think and do? How often did you think and do it?)

B. What did you believe that antisocial or criminal behaviors would allow you to do or be when you grew up that you couldn't do or be as a child?

C. what did you believe that antisocial or criminal behaviors would allow you to stop doing, escape from, or cope with as a child?

D. What benefits did you actually get from your antisocial or criminal thinking and behavior?

E. What problems did your antisocial or criminal thinking and behavior cause?

10. College:

A. What significant experiences occurred during college?

B. What positive or good things did you learn about yourself in college?

C. What negative or bad things did you learn about yourself in college?

D. What things did you learn about yourself in college that were the same as what your parents taught you about yourself as a child?

E. What things did you learn about yourself in college that were different from what your parents taught you about yourself as a child?

11. Addictive Use during College:

A. Describe your alcohol or other drug use during college. (How much, of what kind, how often?)

B. What did you believe that alcohol or drugs would allow you to do or be that you couldn't do or be when not using?

C. What did you believe that alcohol or drugs would allow you to stop doing, escape from, or cope with that you couldn't when not using?

D. What benefits did you actually get from alcohol and drug use?

E. What problems did alcohol or drug use cause?

12. Antisocial Thinking and Behavior in College:

A. Describe the antisocial or criminal behaviors that you used in college. (What did you think and do? How often did you think and do it?)

B. What did you believe that antisocial or criminal behaviors would allow you to do or be when you grew up that you couldn't do or be as a child?

C. What did you believe that antisocial or criminal behaviors would allow you to stop doing, escape from, or cope with as a child?

D. What benefits did you actually get from your antisocial or criminal thinking and behavior?

E. What problems did your antisocial or criminal thinking and behavior cause?

13. Military

A. What significant experiences occurred during your military service?

B. What positive or good things did you learn about yourself in the military?

C. What negative or bad things did you learn about yourself in the military?

D. What things did you learn about yourself in the military that were the same as what your parents taught you about yourself as a child?

E. What things did you learn about yourself in the military that were different from what your parents taught you about yourself as a child?

F. Did you serve in a combat area? Yes No

G. Have you ever experienced any problems as a result of your experiences in combat areas? Yes No

If yes, briefly describe the problems:

14. Addictive Use during the Military:

A. Describe your alcohol or other drug use during your military service. (How much, of what kind, how often?)

B. What did you believe that alcohol or drugs would allow you to do or be that you couldn't do or be when not using?

C. What did you believe that alcohol or drugs would allow you to stop doing, escape from, or cope with that you couldn't when not using?

D. What benefits did you actually get from alcohol and drug use?

E. What problems did alcohol or drug use cause?

15. Antisocial Thinking and Behavior in the Military:

A. Describe the antisocial or criminal behaviors that you used in the military. (What did you think and do? How often did you think and do it?)

B. What did you believe that antisocial or criminal behaviors would allow you to do or be when you grew up that you couldn't do or be as a child?

C. What did you believe that antisocial or criminal behaviors would allow you to stop doing, escape from, or cope with as a child?

D. What benefits did you actually get from your antisocial or criminal thinking and behavior?

E. What problems did your antisocial or criminal thinking and behavior cause?

16. **Adult Work:** List the jobs you have held since starting to work, how long you worked at each job, and why you left each job.

16. The Impact of Addictive Use on Work:

A. What did alcohol or drugs allow you to do or be on the job that you couldn't do or be sober?

B. What did alcohol or drugs allow you to stop doing or being or allow you to escape from the job that you couldn't do sober?

C. What job-related benefits did you actually get from alcohol and drug use?

D. What job-related problems did alcohol or drug use cause?

17. The Impact of Antisocial or Criminal Behaviors on Work:

A. What did antisocial or criminal behaviors allow you to do or be on the job that you couldn't do or be sober?

B. What did antisocial or criminal behaviors allow you to stop doing or being or allow you to escape from on the job that you couldn't sober?

C. What job-related benefits did you actually get from your antisocial or criminal behaviors?

D. What job-related problems did your antisocial or criminal behaviors cause?

18. Adult Family/ Intimate: List your intimate, sexual, and love relationships that you have had, how long each lasted, and why each relationship ended.

20. The Impact of Addictive Use on Family and Intimate Life:

A. What did alcohol or drug allow you to do or be intimately or sexually that you couldn't do or be sober?

B. What intimate obligations or pressures did alcohol or drugs allow you to stop doing, escape from, or cope with that you couldn't sober?

C. What intimate or sexual benefits did you actually get from alcohol and drug use?

D. What intimate or sexual problems did alcohol or drug use cause?

22. Adult Social Life and Friendships: List your nonsexual, close, personal friendships with members of the same and opposite sex that you have had, how long lasted, and why each relationship ended.

23. The Impact of Addictive Use on Social Life and Friendships:

A. What did alcohol or drugs allow you to do or be with you friends that you couldn't do or be sober?

B. What social obligations or pressures did alcohol or drugs allow you to stop doing or being or allow you to escape from with your friends that you couldn't do sober?

C. What benefits did you actually get from alcohol and drug use?

D. What problems did alcohol or drug use cause?

24. The Impact of Antisocial or Criminal Behaviors on Friends:

A. What did antisocial or criminal behaviors allow you to do or be with friends that you couldn't do or be sober?

B. What did antisocial or criminal behaviors allow you to stop doing or being or allow you to escape from with your friends that you couldn't be sober?

C. What friendship-related benefits did you actually get from your antisocial or criminal behaviors?

D. What friendship-related problems did your antisocial or criminal behaviors cause?

25. In what ways have you turned out like your parents believed you would when you were a child?

26. In what ways have you become different from what your parents thought you would become as a child?

27. The positive things that I used to believe alcohol or drugs would allow me to do or become in my life are ...

28. The things that I used to believe that alcohol or drugs could help me stop doing, escape from, or cope with are...

Exercise #4-B: Life History Summary

Explanation: It is helpful to review the main points in your life. Many points are things that have happened to you, decisions you have made, or things you did that had a strong effect on where you are today.

Instructions: Review the previous exercise and list the main points in your history using the form below.

History of Life Events	History of Alcohol and Drug Use	History of Criminal Behavior
1. Childhood	1. Childhood	1. Childhood
2. Grammar School	2. Grammar School	2. Grammar School
3. High School	3. High School	3. High School
4. College	4. College	4. College

History of Life Events	History of Alcohol and Drug Use	History of Criminal Behavior
5. Military	5. Military	5. Military
6. Adult Work	6. Adult Work	6. Adult Work
7. Adult Family/Intimate	7. Adult Family/Intimate	7. Adult Family/Intimate
8. Adult Social	8. Adult Social	8. Adult Social

9. The three major things that I used to believe that alcohol and drug use would allow me to do or be when I grew up that I couldn't do or be as a child:

- A. _____
- B. _____
- C. _____

10. The three major things that I used to believe that alcohol and drug use would allow me to stop doing, escape from, or cope with as an adult that I couldn't as a child:

- A. _____
- B. _____
- C. _____

11. The three major things that I used to believe that antisocial or criminal behaviors would allow me to do or be when I grew up that I couldn't do or be as a child:

- A. _____
- B. _____
- C. _____

12. The three major things that I used to believe that antisocial or criminal behaviors would allow me to stop doing, escape from, or cope with as an adult that I couldn't as a child:

- A. _____
- B. _____
- C. _____

Exercise #4-C: Reasons for Relapse

Explanation: This exercise will show you why you have trouble with recovery. By knowing this, you will know more about what you need to change.

Instructions: When a person is having trouble staying sober and clean, it is because they are having trouble with one of four major areas of recovery.

1. **Acceptance of Their Disease:** They believe they can still use alcohol or drugs and learn to control their use.

2. **Unable to Stabilize:** Every time they try to stop using, they become sick, feel crazy, cannot think about anything except drugs, and have many problems. They use alcohol or drugs to feel better.

3. **Cannot Get Comfortable Sober:** When they stop using, they do not know how to change the way they live so they can enjoy being sober.

4. **Relapse:** They get sober and clean, they attend Alcoholics Anonymous meetings and enjoy sobriety, but something happens, they become unhappy and start to use again.

Please answer the following questions.

1. I believe I can learn to drink and drug and control it so that it will not hurt my life.

True False Unsure

2. I should not use alcohol or drugs at all, but every time I try to quit, I get so sick and feel so crazy. I use alcohol or drugs to feel better.

True False Unsure

3. I know I cannot use alcohol and drugs and quit for a while, but I always end up using again.

True False Unsure

4. I know I cannot use alcohol and drugs and I attend AA and do everything I can to stay sober and clean. Sometimes I get very happy in recovery, but I still end up using again.

True False Unsure

Notice if your above answers change as you complete the next exercise.

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Exercise #5: The Relapse Calendar

Explanation: This exercise will help you to examine your past relapses to both alcohol and drug use and the use of criminal behaviors. By doing this exercise, you will begin to understand how your alcohol/drug use and legal problems are related.

Instructions:

1. **First Serious Attempt to Stop:** Write in the date of your first serious attempt to stop using alcohol and drugs and the date of your first serious attempt to stop using criminal behaviors. Start the chart with whatever problem you attempted to stop first.
2. **Alcohol and Drug Abstinence and Relapse:** Draw a straight line to indicate periods of abstinence from alcohol and drugs. Draw a jagged line to indicate the periods of time during which you returned to alcohol and drug use. Be prepared to briefly describe what happened during each period of abstinence and each period of alcohol and drug use.
3. **Abstinence and Relapse to Criminal Behaviors:** Draw a straight line to indicate periods of abstinence from criminal behaviors. Criminal behaviors include lying, conning, cheating, hustling, stealing, and assaulting others. It doesn't make any difference if you get caught or not. Draw a jagged line to indicate the periods of time during which you returned to using criminal behaviors. Be prepared to briefly describe what happened during each period of abstinence and each period of alcohol and drug use.

Example:

My first serious attempt to abstain from alcohol and drugs began Jan 1, 2007.

My first serious attempt to abstain from criminal behaviors began April 1, 2014.